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See insert for details on  
senior programs and  
activities:

- 55 Alive Mature Driving Training
- Parents Helping Parents
- The Health Place
- Health Insurance Counseling
- Homeowners and Renters Assistance
- Income Tax Assistance
- Durable Power of Attorney for Healthcare
- Housing Conservation Program
- Long-Term Care Ombudsman
- Live Oak Adult Day Services—Adult Day Care
- Happy Hoofers
- Senior Table Games
- Chess Club
- Bingo
- Trips

# Los Gatos Senior Center Newsletter

September / October 2005

## Second Chance Week



**October 17 - 21**  
**9:00 AM - 12:00 PM**

**Start your Holiday Giving Now, Give your Things a SECOND CHANCE!**

Donate your slightly used adult and child sweaters, jackets, coats, raincoats, wind breakers, men's jeans, sweat shirts & pants, wool scarves, blankets, sheets (single preferred, but all sizes welcomed), towels, new toiletries, sleeping bags, kitchen and table utensils, prescription eyeglasses, and non-prescription UV-protected sunglasses. ***Only items listed will be accepted.***

Please drop off your donations at:  
Los Gatos Senior Center  
Neighborhood Center  
208 East Main Street  
Los Gatos, CA

**Your donations will benefit a number of nonprofit organizations that provided shelter and other services to those in need.**

**For more information, please call the Town of Los Gatos Recycling Coordinator, at (408) 399-5796, or visit the "What's New!" section of the Town of Los Gatos website at [www.losgatosca.gov](http://www.losgatosca.gov).**



## Save the Date

**Wednesday, October 5!**  
**Senior Bar-b-que**

Time to join your friends and bid farewell to summer! Come to the second annual Senior Bar-b-que in the Pageant Grounds Park. A delicious barbecued lunch, free of charge to local seniors, will be provided compliments of the Town of Los Gatos Parks Commission. Lunch will be served at noon. Pageant Ground Park is located at the end of Fiesta (the street in front of the Neighborhood Center) to the right and up a small hill behind the Police Department. For more information contact the Senior Center at (408) 354-1514.

## Laugh-In

**Be Careful What You Say at a Class Reunion**



I hadn't been to a class reunion in decades. When I walked into this latest one, I thought I recognized a wife of a classmate over in the corner, so I approached her and extended my hand in greeting, saying, "You look like Helen Brown."

"Well!" the woman snapped back, "You don't look so great in blue either!"

## Are you being A- “salt-ed” by your food?

*By Debbie Kranefuss, Director of Live Oak Senior Nutrition and Service Center*

Chronically high salt intake along with consistently low daily potassium intake compromises the balance of these nutrients inside and outside our body cells. This imbalance causes hypertension, insulin resistance and a decreased immune response.

Research shows that potassium lowers the effects of sodium on blood pressure and it may also decrease the risk of developing kidney stones or bone loss as we age.

Fruits, vegetables and whole grains are rich in potassium. Finding ways to decrease your daily salt intake while increasing your potassium balances nutrition and improves overall health. Fresh fruits and vegetables dietary guidelines show that we need 4 to 5 servings from each the vegetables and fruits groups per day, at ½ cup per serving.

Did you know processed foods (such as canned soups, canned vegetables, salad dressing, commercially frozen dinners, baked goods, crackers, processed meats and cheeses) account for 77% of our daily sodium intake?

The recommended daily allowance of sodium for the average individual is 2400 mg, 1500 if you have hypertension. The nutritionally balanced lunches at Live Oak Nutrition have one-third recommended daily amounts of sodium, potassium and other nutrients. Please contact us at 354-0707 if you would like more information on potassium-rich foods or ways to decrease salt intake.



## Novitiate Park

*By Dick Konrad, Los Gatos Parks Commissioner*

One of the least known parks in Los Gatos is Novitiate Park. Although this park has not been developed, it is a beautiful 8 acre meadow just west of Los Gatos Creek. The park is kept in its natural state with native oak trees planted to provide future shade. There is a .35 mile dirt trail that circles the park. There is one park bench on the trail. Since the park is not developed there are no picnic tables or restroom facilities.

At the Jones Road entrance there is a bulletin board with a map of the trails that are accessible from Novitiate Park. The trails reach the top of St. Joseph's Hill, a climb of over 700 feet. The trails mapped are owned and maintained by the Mid Peninsula Regional Open Space District and in places can be difficult to traverse. These trails are only for experienced hikers.



## Free! Community Bus

This summer VTA has introduced the Los Gatos Community Bus serving Los Gatos and Campbell. The Community Bus “utilizes smaller vehicles and circulates within local communities, meeting local needs while allowing greater flexibility and maneuvering through congested downtown traffic.”

With the opening of the new Vasona Light Rail Extension, Community Bus Lines 48 and 49 will connect directly with the new Winchester Light Rail Station, related routing modifications have been made to Lines 27, 38, 60, 62 and 101. For details, please contact VTA Customer Service at (408) 321-2300. You can obtain a Community Bus schedule in Los Gatos Neighborhood Center located at 208 East Main Street.

## Did You Know?

### Financial Help with Home Repairs



**What:** Low- and no-interest loans are available to income-eligible senior homeowners, to pay for eligible home repairs, through the Town of Los Gatos's Housing Conservation Program.

Since 1976, the Town of Los Gatos has provided loans to hundreds of Los Gatos homeowners through its Housing Conservation Program. Funded through the federal Community Development Block Grant program, the Housing Conservation Program provides low- and no- interest loans to income-eligible homeowners, for home repairs.. Program eligibility is based on federal income limits by household size.

The Town's Housing Conservation Program offers no- and low- interest loans, as well as safety and emergency grants, to income eligible residents to help finance the cost of home repair. Loan and grant funds may be used to improve health, safety, accessibility, and home security conditions. Eligible work includes electrical repair, new flooring, kitchen or bathroom remodeling, interior and exterior painting, and a variety of other home repair projects.

The Town's Housing Conservation Program is administered by the Santa Clara County Office of Affordable Housing. For more information or to obtain an application, please call the County at (408) 441-4266 or email: [tracy.cunningham@ceo.sccgov.org](mailto:tracy.cunningham@ceo.sccgov.org).



### HICAP Counseling

Medicare beneficiaries with limited incomes will soon be able to find out whether they qualify for substantial extra help in paying for prescription drugs after the new drug benefit period goes into effect on January 1, 2006.

As that date approaches, all beneficiaries-except those with good retiree drug coverage- will have to start making decisions about signing up for the benefit. For people with limited incomes, the first part of the process begins now, so you will know in advance if you qualify for the extra help.

If you need help in determining if you might be eligible for this Medicare drug benefit contact the Senior Center at (408) 354-1514 for an appointment with a trained Health Insurance and Advocacy Program (HICAP) counselor.

## Weekly Senior Programs at the Neighborhood Center

### Line Dance:

Class designed for those with some line dance experience and those who wish to add to their repertoire.

### Line Dance (Beginning):

For those with little or no experience.

### Tai Chi at High Noon:

Learn ways to relax, revitalize, and have fun!

### Meditation:

Help calm your body and mind, heighten clarity, and cultivate a sense of oneness with self and others.

### Mah Jongg:

A fun and challenging game played with tiles.

### Watercolor Painting (Beginning):

Learn fundamental techniques with step-by-step instruction.

### Watercolor (Advanced):

For those who have had previous experience in watercolor painting.

*For dates, times, and fees, please contact  
the Los Gatos Recreation Department,  
(408) 354-8700*

**ART IN THE  
COUNCIL CHAMBERS  
Presents Photography by:  
The Los Gatos - Saratoga  
Camera Club**

**Exhibit Dates:  
Sept. 9 — Nov. 11**

**Reception:  
Friday, Sept. 16, 2005  
6:00 pm to 8:00 pm**



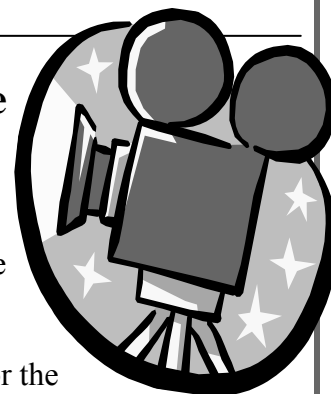
## Senior Center Information

Los Gatos Senior Center  
Located in the Neighborhood Center  
208 E. Main Street, Los Gatos, CA 95030  
Senior Coordinator: Linda Gallo

Hours: Monday through Friday— 8:30 AM to 4:30 PM  
Phone: (408) 354-1514  
Email: [lgallo@losgatosca.gov](mailto:lgallo@losgatosca.gov)  
Website: [www.losgatosca.gov](http://www.losgatosca.gov)

## Wednesday Afternoon Movies at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). September's movie will be **Finding Neverland** and in October we will be showing **Monster In Law**.



**Please join us for lunch and a movie, or just a movie and snack.  
Enjoy our big screen movie experience!**

## Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at [lgallo@losgatosca.gov](mailto:lgallo@losgatosca.gov).

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State / Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Return completed form to: Los Gatos Senior Center,  
208 E. Main Street, Los Gatos CA 95030